

SARAH FOOTITT

trainer profile

Sarah is an experienced Gym Trainer, Rower, Surf Life Saver, Surf Boat Rower, Cyclist and Runner with a background of over 15 years in dancing and gymnastics - all of these pursuits require a high level of fitness, physical strength, specialist conditioning, commitment and passion.

Sarah has the skills, knowledge, drive and commitment to help you achieve your goals. Sarah will identify your needs and create specific and target training programmes that help you reach your goals no matter what you are training for. Whether it is long or short term goals and/or fitness, she will guide you.

Sarah is enthusiastic about fitness and exercise and ready to motivate you.

QUALIFICATIONS

REPS Registered Exercise Professional
(PT level)

BSc H Biol Maj Sport Science

Certificate III & IV Fitness (AIF)

FISAF International Certified Personal
Trainer

CONTACT SARAH

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